

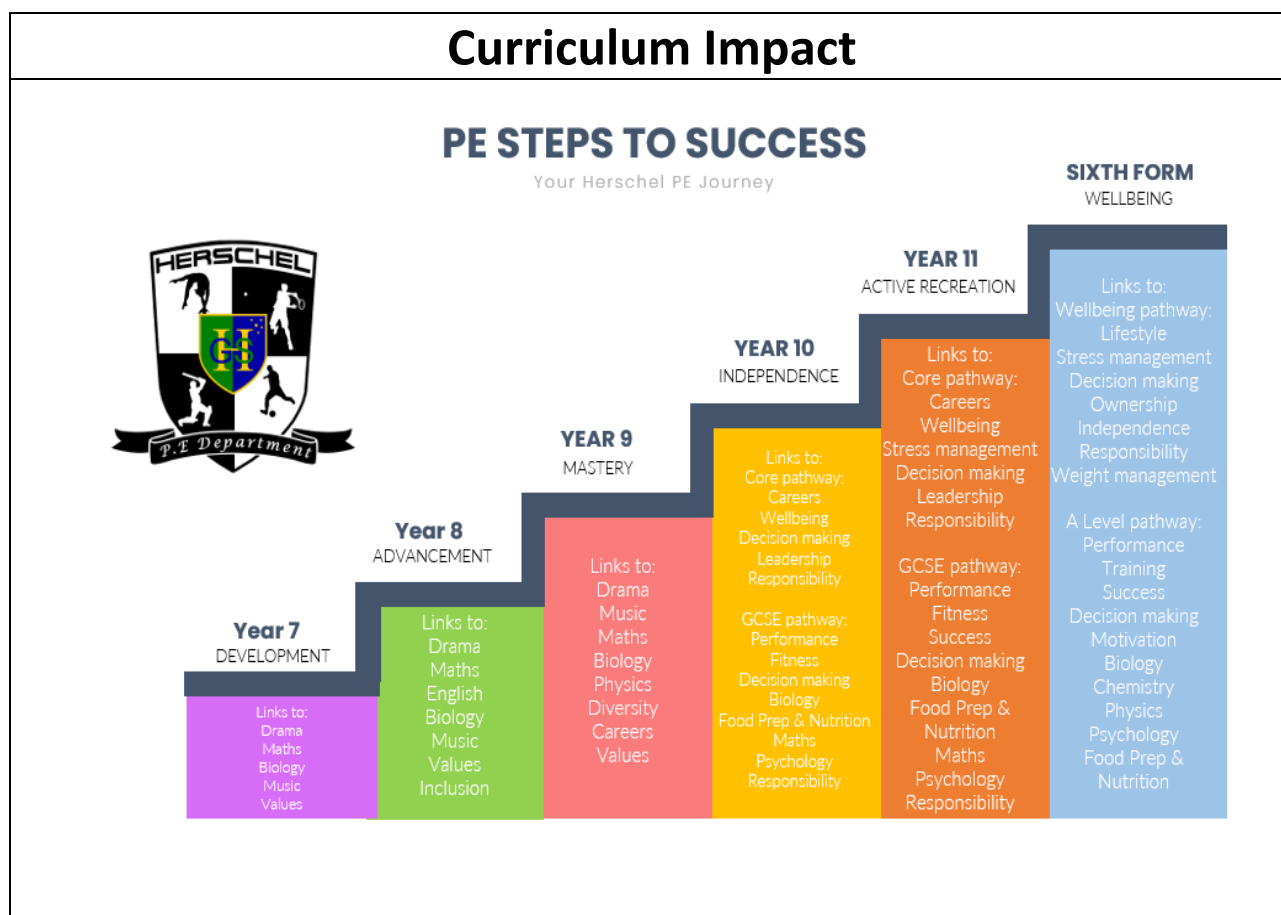
Herschel Grammar School Curriculum Overview 2025/26

Curriculum Intent

Promote enjoyment in physical activity through development of the following:
An understanding of the benefits of a healthy lifestyle in order to achieve happiness and a sense of wellbeing
Skills and physical literacy in a range of activities
The ability to make decisions
The ability to work as part of a team
The ability to perform under pressure
Resilience and the ability to cope with success and failure
An appreciation of fair play

Development of 4 key areas: Physical Me, Thinking Me, Social Me, Creative Me

Curriculum Impact



Through education, we have the privilege of engaging directly with children and young people who:

- are passionate about the natural world
- want to do their best to protect it
- can influence their wider communities

Throughout this document, whenever the following icon is used , it indicates that the teaching and learning is linked to one or more of the following:

- nature
- the causes and impacts of climate change
- careers in the green economy
- the importance of sustainability

Year group	Year 7
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Rationale for sequencing	Use of space, competitive seasons, climate, experience, enjoyment
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Term 1, 2 & 3				
Physical Me & Thinking Me in Games	Physical & Creative Me in Gymnastics	Creative & Social Me in Dance	Physical & Thinking Me in Athletics	Social & Physical Me in Fitness 

Assessment Plans:	
Term 1	Teacher observation and self-assessment
Term 2	Teacher observation and self-assessment
Term 3	Teacher observation and self-assessment
	Additionally verbal (subject eve) and written reports
	As per school reporting schedule

Year group	8
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Rationale for sequencing	Use of space, competitive seasons, climate, experience, enjoyment
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Term 1, 2 & 3				
Physical Me & Thinking Me in Games	Physical & Creative Me in Gymnastics 	Creative & Social Me in Dance 	Physical & Thinking Me in Athletics	Social & Physical Me in Fitness 

Assessment Plans:	
Term 1	Teacher observation and self-assessment
Term 2	Teacher observation and self-assessment
Term 3	Teacher observation and self-assessment
	Additionally verbal (subject eve) and written reports
	As per school reporting schedule

Year group	9
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Rationale for sequencing	Use of space, competitive seasons, climate, experience, enjoyment
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Term 1, 2 & 3				
Physical Me & Thinking Me in Games	Physical & Creative Me in Gymnastics 	Creative & Social Me in Dance 	Physical & Thinking Me in Athletics	Social & Physical Me in Fitness 

Assessment Plans:	
Term 1	Teacher observation and self-assessment
Term 2	Teacher observation and self-assessment
Term 3	Teacher observation and self-assessment
	Additionally verbal (subject eve) and written reports
	As per school reporting schedule

Year group	10
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Rationale for sequencing	Use of space, competitive seasons, climate, experience, enjoyment, mental health & wellbeing
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Term 1, 2 & 3				
Health and Wellbeing pathway	Leadership pathway 	Games pathway	Recreational pathway	OAA 

Key Assessment Plans:	
Term 1	Reporting in line with school schedule
Term 2	Reporting in line with school schedule
Term 3	Reporting in line with school schedule
	KS 4 requires attitude to learning grade only

Year group	11
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Rationale for sequencing	Use of space, competitive seasons, climate, experience, enjoyment, mental health & wellbeing		
Term 1 & 2			
Health and Wellbeing pathway	Leadership pathway 	Games pathway	Recreational pathway
Term 3			
Ad hoc activities completed on a lesson by lesson basis due to very short and variable number of lessons – pupil choice			

Key Assessment Plans:	
Term 1	Reporting in line with school schedule
Term 2	Reporting in line with school schedule
Term 3	Reporting in line with school schedule
	KS 4 requires attitude to learning grade only